

Design a Healthy Meal with Max the Monkey

Learning objective: To design a balanced and nutritious meal using knowledge of the Eatwell Guide.

Follow the prompts below to plan your healthy meal. Think about the different food groups and how to make your dish colourful and tasty. Use the word bank to help you describe your choices.

To create a healthy and delicious meal, I have decided to design a vibrant dish that provides plenty of energy for an active day.

Word bank: nutritious · balanced · energy-giving · carbohydrates · protein · vitamins · furthermore · consequently · in addition · finally

1. What is the name of your meal and why did you choose these specific ingredients? Start your answer with: My meal is called... (2 marks)

2. Which food groups are included in your dish (e.g., fruit and vegetables, carbohydrates, proteins)? Start your answer with: To ensure my meal is balanced, I have included... (3 marks)

3. How will you prepare your ingredients to keep them healthy? Start your answer with: To keep my meal healthy, I will... (2 marks)

4. If you were selling this meal in a school canteen, how much would it cost to make and what would you charge to ensure a small profit? Start your answer with: The cost of the ingredients is £..., so I would charge £... (2 marks)

5. Who is your target audience and why would they enjoy your meal? Start your answer with: My meal is designed for... (2 marks)

Extension challenge: Imagine you are Max the Monkey. Can you calculate the total cost of 4 portions of your meal? If one portion costs £2.50 to make, how much would it cost to feed a group of friends?